



# RECIPE PACK

*Discover 12 easy, healthy and tasty recipes, including breakfast, lunch, dinner, treat and smoothie options.*

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# TABLE OF CONTENTS

1	SUPERFOOD BREAKFAST WITH FRIED EGG
2	AVOCADO, FETA & POMEGRANATE TOAST
3	BANANA PROTEIN PANCAKES
4	SALMON & PEACH SALAD
5	MEXICAN SOUP WITH CHICKEN
6	CUCUMBER, AVOCADO & CHICKEN SALAD
7	QUICK VEGETABLE CURRY
8	COCONUT RICE WITH PRAWNS
9	QUICK BEEF CHOW MEIN
10	HEALTHY FERRERO ROCHER
11	BANANA CHOCOLATE BITES
12	RAW BEET SMOOTHIE



## RECIPE KEY

Look for these helpful icons throughout the file.

-  Gluten Free
-  Dairy Free
-  Low Carb (under 20g serving)
-  Meal Prep/Freezer Friendly
-  High Protein (over 20g per serving)
-  Vegetarian
-  Quick (under 30 mins)
-  Contains Nuts

# WEEKLY MEAL PLANNER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b> Superfood Breakfast with Fried Eggs	<b>BREAKFAST</b> Avocado, Feta & Pomegranate Toast	<b>BREAKFAST</b> Avocado, Feta & Pomegranate Toast	<b>BREAKFAST</b> Banana Protein Pancakes	<b>BREAKFAST</b> Raw Beet Smoothie + 1 scoop vanilla protein powder	<b>BREAKFAST</b> Banana Protein Pancakes	<b>BREAKFAST</b> Superfood Breakfast with Fried Eggs
<b>LUNCH</b> Salmon & Peach Salad	<b>LUNCH</b> Leftover Salmon & Peach Salad	<b>LUNCH</b> Mexican Soup with Chicken	<b>LUNCH</b> Cucumber, Avocado & Chicken salad	<b>LUNCH</b> Mexican Soup with Chicken	<b>LUNCH</b> Cucumber, Avocado & Chicken salad	<b>LUNCH</b> Raw Beet Smoothie + 1 scoop vanilla protein powder
<b>SNACK</b> E.g. Raw Beet Smoothie, Healthy Ferrero Rocher, Banana Chocolate bites	<b>SNACK</b> E.g. Raw Beet Smoothie, Healthy Ferrero Rocher, Banana Chocolate bites	<b>SNACK</b> E.g. Raw Beet Smoothie, Healthy Ferrero Rocher, Banana Chocolate bites	<b>SNACK</b> E.g. Raw Beet Smoothie, Healthy Ferrero Rocher, Banana Chocolate bites	<b>SNACK</b> E.g. Raw Beet Smoothie, Healthy Ferrero Rocher, Banana Chocolate bites	<b>SNACK</b> E.g. Raw Beet Smoothie, Healthy Ferrero Rocher, Banana Chocolate bites	<b>SNACK</b> E.g. Raw Beet Smoothie, Healthy Ferrero Rocher, Banana Chocolate bites
<b>DINNER</b> Quick Beef Chow Mein	<b>DINNER</b> Leftover Quick Beef Chow Mein	<b>DINNER</b> Quick Vegetable Curry	<b>DINNER</b> Leftover Quick Vegetable Curry	<b>DINNER</b> Coconut Rice with Prawns	<b>DINNER</b> Meal Out - Enjoy!	<b>DINNER</b> Leftover Coconut Rice with Prawns

# WEEKLY SHOPPING LIST



## FRUIT & VEGETABLES

### *Fresh*

- ☐ 1x broccoli
- ☐ garlic
- ☐ 4x onion
- ☐ ginger
- ☐ 1x leek
- ☐ 2x lemon
- ☐ 2x lime
- ☐ 1x tomato
- ☐ 1x chili pepper
- ☐ spring onions
- ☐ 1x cucumber
- ☐ 1x eggplant
- ☐ 4x bananas
- ☐ 3x apple
- ☐ 3x beetroot
- ☐ 2x orange
- ☐ 1x zucchini
- ☐ 1x mango
- ☐ 5 oz. (140g) mushrooms
- ☐ 3x red bell pepper
- ☐ 2x avocado
- ☐ 1x pomegranate
- ☐ 1x cob corn
- ☐ bag of salad leaves
- ☐ 1x peach
- ☐ cherry tomatoes
- ☐ 1x iceberg lettuce

## MEAT, DAIRY & NON-DAIRY

### *Fish & Seafood*

- ☐ 2x salmon fillets
- ☐ 8 oz. (230g) prawns

### *Meats*

- ☐ 1.3 lbs. (600g) chicken breast
- ☐ 7 oz. (200g) beef tenderloin

### *Dairy*

- ☐ feta cheese
- ☐ cottage cheese

### *Non-Dairy*

- ☐ 6x eggs
- ☐ coconut milk
- ☐ \_\_\_\_\_
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## GRAINS, SEEDS & SPICES

### *Grains*

- ☐ whole-meal bread
- ☐ oats
- ☐ wheat flour
- ☐ corn-starch
- ☐ white rice
- ☐ jasmine rice
- ☐ ground flax seeds

### *Spices*

- ☐ turmeric
- ☐ chili flakes/powder
- ☐ paprika
- ☐ oregano
- ☐ cinnamon
- ☐ curry powder

### *Nuts & Seeds*

- ☐ pumpkin seeds
- ☐ walnuts
- ☐ hazelnuts

### *Dried*

- ☐ cranberries

### *Herbs*

- ☐ mint
- ☐ coriander
- ☐ basil
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## CANS, CONDIMENTS & MISC

### *Oils*

- ☐ coconut oil
- ☐ olive oil
- ☐ sesame oil

### *Cans & Condiments*

- ☐ apple cider vinegar
- ☐ tamari/soy sauce
- ☐ balsamic vinegar
- ☐ sweetcorn
- ☐ tomato passata
- ☐ mustard
- ☐ 2x coconut milk
- ☐ natural peanut butter
- ☐ pineapple

### *Sweeteners*

- ☐ maple syrup
- ☐ honey
- ☐ agave syrup

### *Other*

- ☐ baking powder
- ☐ dark chocolate chips
- ☐ chicken stock
- ☐ vegetable stock
- ☐ egg noodles
- ☐ cocoa powder
- ☐ vanilla extract
- ☐ dark chocolate chips
- ☐ frozen berries





## **SUPERFOOD BREAKFAST WITH FRIED EGG**

# SUPERFOOD BREAKFAST WITH FRIED EGG



Serves: 2  
Prep: 5 mins  
Cook: 15 mins



Nutrition per  
serving:  
397 kcal  
26g Fats  
27g Carbs  
18g Protein



## WHAT YOU NEED

- 2 cups (300g) broccoli
- 2 tbsp. coconut oil
- 1 garlic clove, minced
- 1/4 onion, chopped
- 2 tbsp. (20g) pumpkin seeds
- 1 tbsp. (20g) dried cranberry
- lemon juice
- 4 eggs

### Spices:

- ½ tsp. ground turmeric
- ½ tsp. chili flakes
- ½ tsp. paprika
- ½ tsp. oregano

## WHAT YOU NEED TO DO

*Divide the broccoli into smaller parts and chop into tiny pieces or use a food processor to make broccoli rice.*

*Heat 1 tbsp. of oil in a pan on medium-high heat, add the minced garlic, chopped onion, pumpkin seeds and fry, stirring for about 5 minutes, until browned.*

*Next, add the cranberries, broccoli rice and all the spices, season with salt & pepper, mix and fry for another 5-7 minutes. If you need, add a little water to avoid burring. At the end of cooking drizzle with lemon juice.*

*In a separate frying pan heat the remaining 1 tbsp. of oil, and fry the eggs. Once ready serve on top of the broccoli rice, season with salt & pepper.*



HAMILTON FIT



# **AVOCADO, FETA & POMEGRANATE TOAST**



# AVOCADO, FETA & POMEGRANATE TOAST



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
322 kcal  
21g Fats  
27g Carbs  
9g Protein



## WHAT YOU NEED

- 2 slices wholemeal bread
- 1 avocado
- ¼ cup (50g) feta cheese, crumbled
- ¼ pomegranate, seeds
- mint leaves, to garnish

## WHAT YOU NEED TO DO

*Toast the bread to your liking. Remove the avocado flesh and mash it up with a fork, season with salt & pepper.*

*Divide the avocado between the 2 slices of toasted bread. Crumble the feta cheese on top and sprinkle with pomegranate seeds. Garnish with mint leaves and serve.*



HAMILTON FIT



A close-up photograph of banana protein pancakes. One pancake is being lifted by a silver fork, revealing its thick, layered texture. Another pancake sits on a white plate with small blue speckles, topped with a banana slice and chocolate chips. A third pancake is partially visible in the background. Sliced bananas and chocolate chips are scattered on the plate. The text "BANANA PROTEIN PANCAKES" is overlaid in a semi-transparent box in the upper right.

# **BANANA PROTEIN PANCAKES**

# BANANA PROTEIN PANCAKES



Makes: 6  
Prep: 5 mins  
Cook: 10-15 mins



Nutrition per 3 pancakes:  
424 kcal  
18g Fats  
52g Carbs  
12g Protein



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## WHAT YOU NEED

- 1 cup (90g) oats
- 1 ripe banana
- 1/2 cup (115g) cottage cheese
- 1/4 cup egg whites (1-2 eggs)
- 4 tbsp. coconut milk, from a carton
- 1/2 tsp. cinnamon
- 1/2 tsp. baking powder
- 1/4 cup (45g) dark chocolate chips (70%)

## WHAT YOU NEED TO DO

*Place all ingredients except the chocolate chips into a blender and blitz until smooth. Next, stir in the chocolate chips.*

*Fry the pancakes on a dry non-stick pan, over medium-high heat for 2-3 mins each side.*

*The batter will allow to make around 6 small pancakes. To serve, top with your favourite toppings.*

### NOTE:

Nutrition information is per 3 small pancakes. Toppings are not included in nutritional information.



HAMILTON FIT





# **SALMON & PEACH SALAD**

# SALMON & PEACH SALAD



Serves: 2  
Prep: 30 mins  
Cook: 15 mins



Nutrition per  
serving:  
416 kcal  
25g Fats  
21g Carbs  
33g Protein



GF

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## WHAT YOU NEED

### *For the marinade:*

- 2 tbsp. apple cider vinegar
- 1 tbsp. olive oil
- 1 tbsp. tamari
- 1 tsp. maple syrup
- 1/2 tsp. ground pepper

### *For the salad:*

- 2 salmon filets (5 oz./140g each)
- 1 cob corn, cooked
- 4 oz. (120g) salad leaves
- 1 peach, sliced
- 10 cherry tomatoes, halved
- 1 tbsp. balsamic vinegar

## WHAT YOU NEED TO DO

Combine the apple cider vinegar, olive oil, tamari, maple syrup and ground pepper to make the marinade. Place the salmon skinless-side down in a flat dish, pour over the marinade. Leave it to sit in the fridge for 20-30 minutes.

In the meantime, grill the corn in the oven or on a grill pan, then cool slightly and cut off the kernels, set aside.

Next, preheat the oven to 400F (200c) and place the salmon on a baking tray. Cook for 8-10 minutes or until it is cooked through.

Divide the salad leaves between two bowls, top with the sliced peach, tomatoes and grilled corn. Lastly, top with the salmon, either the whole fillet or flaked.

To serve, drizzle with balsamic vinegar and season with salt and pepper.



HAMILTON FIT



A top-down view of a dark blue ceramic bowl filled with a vibrant orange-red Mexican soup. The soup contains chunks of white chicken and small yellow corn kernels. Three fresh green cilantro leaves are garnished on top. The bowl sits on a light-colored, textured cloth with dark blue stripes, which is placed on a wooden surface. A wooden spoon is partially visible on the left, and more cilantro leaves are on the right.

## **MEXICAN SOUP WITH CHICKEN**

# MEXICAN SOUP WITH CHICKEN



Serves: 4  
Prep: 10 mins  
Cook: 15 mins



Nutrition per  
serving:  
189 kcal  
5g Fats  
13g Carbs  
21g Protein



GF

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MP

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## WHAT YOU NEED

- 2 chicken breasts (around 10 oz./300g)
- 2 tbsp. wheat flour
- 1 tsp. turmeric
- 1/2 tsp. chili powder
- 5 ¼ cup (1.25 l) chicken stock
- 1 tbsp. olive oil
- 1 onion, chopped
- 1/2 chili pepper, chopped
- 2 garlic cloves, chopped
- 2/3 cup (165g) tinned sweetcorn, drained
- 1 tomato, chopped
- ½ cup (120ml) tomato passata
- Coriander, to serve

## WHAT YOU NEED TO DO

*Cut the chicken breast into small pieces. Season with salt, and coat in a mixture of flour, turmeric and chili powder. Set aside.*

*Bring the chicken stock to the boil and then leave to simmer, covered, on the lowest heat.*

*Heat the oil in a large pan, add the chopped onion, chili pepper and garlic. Fry on medium heat for about 4 minutes until soft.*

*Next, increase the heat, add chicken and fry for about 1-2 minutes. Add the sweetcorn, chopped tomato and passata, cook together for another minute.*

*Transfer the contents of the pan to the hot stock and bring everything to a boil over high heat. Simmer for another 2 minutes.*

*Using a hand blender blitz the soup a few times, but not too much so that the soup still has a chunky texture.*

*Serve with chopped coriander and freshly ground black pepper.*



HAMILTON FIT



A top-down view of a white ceramic bowl with a blue floral pattern around the rim. The bowl is filled with a salad consisting of cubed cucumbers, chunks of avocado, and pieces of grilled chicken with a charred, golden-brown skin. A creamy white dressing is drizzled over the salad, and several fresh green basil leaves are scattered on top. The bowl sits on a light-colored, textured cloth. In the bottom right corner, two wooden salad spoons are visible, one partially overlapping the other.

# **CUCUMBER, AVOCADO & CHICKEN SALAD**

# CUCUMBER, AVOCADO & CHICKEN SALAD



Serves: 4  
Prep: 10 mins  
Cook: 15 mins



Nutrition per  
serving:  
304 kcal  
20g Fats  
12g Carbs  
21g Protein



## WHAT YOU NEED

### **For the salad:**

- ½ head iceberg lettuce, shredded
- a dozen basil leaves, torn
- 1 avocado
- 2 tsp. lemon juice
- ½ cucumber, peeled
- ¼ cup (25g) walnuts

### **For the chicken:**

- 2 chicken breast fillets (around 150g each)
- 1 tbsp. olive oil
- 1 tbsp. mustard
- 1 tbsp. honey

### **For the sauce:**

- 3 tbsp. Yoghurt
- 1 tbsp. mayo
- 1 garlic clove, minced

## WHAT YOU NEED TO DO

*Place the iceberg lettuce into a large bowl. Add torn basil leaves and mix. Divide between 2 serving bowls.*

*Season the chicken fillets with salt and rub with olive oil. Heat a dry pan and fry the chicken for 5 minutes on each side.*

*In the meantime, mix the mustard and honey. Grease the top of the fillets with half the sauce, then turn and cook for another 1.5 minutes. Repeat on the other side. Once cooked, cool slightly and chop.*

*Cut the avocado flesh into cubes, and drizzle with lemon juice. Peel and slice the cucumber.*

*Prepare the garlic sauce by mixing all the sauce ingredients – season with salt & pepper.*

*Top salads with the chopped chicken, avocado, cucumber, and walnuts. Pour over the garlic sauce, and serve.*



HAMILTON FIT



A close-up photograph of a white ceramic bowl filled with a vegetable curry. The dish features a base of light-colored rice, topped with chickpeas, sliced zucchini, red bell peppers, and fresh green herbs. A pair of wooden chopsticks rests on the left side of the bowl. The background is a light, textured surface.

## **QUICK VEGETABLE CURRY**

# QUICK VEGETABLE CURRY



Serves: 4  
Prep: 10 mins  
Cook: 15 mins



Nutrition per  
serving:  
376 kcal  
17g Fats  
51g Carbs  
7g Protein



## WHAT YOU NEED

- 1 tbsp. olive oil
- 1 red onion, chopped into wedges
- 1 tbsp. peeled and finely chopped ginger
- 2 cloves garlic, finely chopped
- 2 tbsp. curry powder
- ½ cup (120ml) vegetable stock
- 1 tbsp. corn-starch
- 1 ½ cups (350ml) canned coconut milk, full-fat
- 1 eggplant, chopped
- 1 zucchini, sliced
- 1 1/2 cups (115g) mushrooms, quartered
- 1 red bell pepper, chopped
- 1/2 tsp. lime zest
- 1 tbsp. lime juice
- 1/4 cup (5g) fresh basil, chopped
- 3 cups (480g) cooked white rice

## WHAT YOU NEED TO DO

*Heat the oil in a large pan over medium-high heat. Add the onion, ginger, and garlic and cook, for 4 minutes or until soft. Stir in the curry powder and cook for another minute.*

*Prepare the vegetable stock and mix it well with the corn-starch. Add the vegetable stock mixture to the pan along with the coconut milk and chopped vegetables. Season with salt & pepper and mix well.*

*Simmer for 10-15 minutes or until vegetables are tender. Stir in the lime zest and lime juice just before serving.*

*Spoon rice onto plates and top with vegetable curry, garnish with fresh basil to serve.*



HAMILTON FIT





## **COCONUT RICE WITH PRAWNS**

# COCONUT RICE WITH PRAWNS



Serves: 4  
Prep: 10 mins  
Cook: 35-45 mins



Nutrition per  
serving:  
335 kcal  
15g Fats  
33g Carbs  
17g Protein



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## WHAT YOU NEED

- 1 tbsp. coconut oil
- 8 oz. (230g) prawns, defrosted
- 1 medium onion, diced
- 1 tbsp. fresh ginger, minced
- 1 tbsp. lime zest
- 4 oz. (110g) jasmine rice, uncooked
- 1 ¼ cup (300ml) coconut milk, canned
- 190ml water
- 1 bell pepper, diced
- ½ mango, peeled, chopped

## WHAT YOU NEED TO DO

*Heat the coconut oil in a non-stick pan over high heat. Add in the prawns and season with salt & pepper. Once the prawns are pink, remove them from the pan and place it back on the heat.*

*Reduce heat to medium, then add the onion and ginger. Sauté for about 3 minutes until slightly browned.*

*Add the jasmine rice and stir well cooking for about 2 minutes. Next, pour in coconut milk and water. Bring to boil and lower the heat to simmer, cook the rice covered until the liquid has been absorbed (about 25 - 35 minutes).*

*Once the rice is cook, remove from the heat and stir in earlier cooked prawns, diced bell pepper and chopped mango. Mix well and serve.*



HAMILTON FIT



A close-up photograph of a bowl of Quick Beef Chow Mein. The dish features thin, yellow noodles topped with sliced beef, mushrooms, red bell peppers, and green onions. Two wooden chopsticks are resting on the left side of the bowl. The bowl is placed on a grey textured placemat. A semi-transparent white box with a pink gradient shadow is overlaid at the bottom left, containing the text "QUICK BEEF CHOW MEIN".

## QUICK BEEF CHOW MEIN

# QUICK BEEF CHOW MEIN



Serves: 4  
Prep: 10 mins  
Cook: 10 mins



Nutrition per  
serving:  
325 kcal  
10g Fats  
33g Carbs  
28g Protein



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## WHAT YOU NEED

- 5.5 oz. (160g) egg noodles
- 7 oz. (200g) beef tenderloin
- 1 tbsp. sesame oil
- 1 clove garlic, minced
- 1 tbsp. ginger, grated
- 1/2 leek, sliced (mostly white parts)
- 1 red bell pepper, sliced
- 3 mushrooms, sliced
- a pinch of ground white pepper
- a pinch of sugar
- 3 tbsp. soy sauce + 2 tbsp. water
- 2 tbsp. spring onion, chopped

## WHAT YOU NEED TO DO

*Prepare the noodles according to instructions on the packaging. Cut the beef into thin strips.*

*Heat the sesame oil in a wok or large frying pan. Add the garlic and ginger and fry for about a minute, add the beef and cook for another 2 minutes. Next add the leek, pepper and mushrooms and fry for about 5 minutes.*

*Finally, add the cooked noodles, season with pepper and a pinch of sugar. Pour in the soy sauce and water, then stir and fry for another 2 minutes.*

*To serve, divide onto serving dishes garnish with chopped spring onion.*



HAMILTON FIT



# HEALTHY FERRERO ROCHER



# HEALTHY FERRERO ROCHER



Makes: 12  
Prep: 10 mins  
Cook: 0 mins



Nutrition per 1  
ferrero rocher:  
91 kcal  
8g Fats  
6g Carbs  
2g Protein



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## WHAT YOU NEED

- 1 cup (135g) + 12 hazelnuts
- 2 tbsp. cocoa powder
- 2 tbsp. agave syrup
- 1 tsp. vanilla extract
- pinch of sea salt
- 2 tbsp. dark chocolate chunks

## WHAT YOU NEED TO DO

*Add 1 cup hazelnuts into a food processor and blitz until chopped into tiny pieces.*

*Next add the cacao powder, agave syrup, vanilla extract, sea salt and chocolate. Pulse until all the ingredients start to stick together. If the mixture is too dry, add 1-2 teaspoon of water.*

*Roll the mixture into bite-size balls and insert one hazelnut into the centre of each ball.*

*Serve straight away or store in the fridge for later.*



HAMILTON FIT





# **BANANA CHOCOLATE BITES**

# BANANA CHOCOLATE BITES



Makes: 30  
Prep: 15 mins  
Chill: 75 mins



Nutrition per 2  
bites:  
99 kcal  
6g Fats  
12g Carbs  
2g Protein



## WHAT YOU NEED

- 3 ripe bananas
- 1/3 cup (85g) natural peanut butter
- 1/2 cup (90g) dark chocolate chips
- 2 tsp. coconut oil

## WHAT YOU NEED TO DO

*Peel and slice the bananas. Line a tray or chopping board with baking paper.*

*Place about ½ teaspoon of peanut butter onto the banana slices and top with another banana slice to make a little 'sandwich'. You should be able to make around 30 sandwiches.*

*Place the bananas on earlier prepared baking paper and store in the freezer for about 1 hour.*

*Next, melt the chocolate chips and coconut oil in the microwave or using the water bath method.*

*Once the chocolate is melted, dip each frozen banana sandwich into the melted chocolate so that half of it is coated.*

*Place the chocolate covered sandwiches back on the baking pepper platter, and into the freezer for another 15-20 mins.*

*Once the chocolate is set, you can transfer the bananas into a container and store in the freezer for up to 1-2 months.*

*The longer the bananas stay in the freezer, the harder they will get. So remove them from the freezer for about 5 minutes before eating.*

# RAW BEET SMOOTHIE





# RAW BEET SMOOTHIE



Serves: 1  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
243 kcal  
4g Fats  
54g Carbs  
4g Protein



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## WHAT YOU NEED

- 1 small apple, cored
- 1 raw red beet washed, peeled, chopped
- ½ cup (50g) berries, frozen
- ¼ cup (55g) pineapple, cubed
- ½ orange peeled
- ½ cup ice
- ½ cup (120ml) water
- 1 tbsp. flax seeds, ground

## WHAT YOU NEED TO DO

*Place all the ingredients into a high-speed blender and blitz until smooth.*



HAMILTON FIT